



# July 2020 VIRTUAL EVENTS

**Register/Info:**  
Call (805) 372-1826  
Email: [cvv@conejovalleyvillage.org](mailto:cvv@conejovalleyvillage.org)

Connect with the Village While Being Comfortable and Safer At Home!

## THREE WAYS TO JOIN VIRTUALLY:

1

### From a Smart Phone:

Click: <https://zoom.us/j/5595144773>

2

### From your iPad or Tablet:

Click: <https://zoom.us/j/5595144773>

3

### From your Computer:

Click: <https://zoom.us/j/5595144773>

A window will appear for the meeting; you can join with or without sharing your video

*(Note: If using a Mac or Windows PC, or an Android or iPhone phone/tablet, you may be prompted to download the 'ZOOM' application)*

### Friendly Reminders

- Let's try and stick to the meeting topic
- Given the technical limitations of video conferencing, if three people speak at one time for example, nobody will be able to hear anybody. Feel free to raise your hand during a busy call 😊

## Join us for these fun Member & Volunteer Virtual Events

To join a Virtual Event please call CVV to sign up or register on-line

**Once you have signed up, you will get an email with the CVV Zoom link and phone instructions. Just click the link or call at the scheduled time and you should be in!**

**7/3 (Fri.) 5:00-6:00**

### **Pre-4<sup>th</sup> of July Happy Hour**

Let's celebrate our Nation's birthday with Sharon for American Trivia! Test your historic knowledge of important events, and learn cool facts.

**7/6, 20; 8/3 (Mondays) 9:30-10:30**

### **Coffee and Conversation with Barbara**

Enjoy coffee, breakfast if you choose, and conversation with fellow CVV members at a virtual cafe.

**7/2, 9, 16, 23, 30 (Thursdays) 9:30-10:30**

**7/7, 14, 21, 28; 8/4 (Tuesdays) 9:30-10:30**

### **Chair Yoga offered by Senior Planet**

Participate in a free online chair yoga class with seniors from around the country.

**7/7, 21, 28; 8/4 (Tuesdays) 2:00-3:00**

### **What's on Your Mind?**

Join different CVV hosts for a discussion of "What's on Your Mind?"

**7/8, 22; 8/12 (Wednesdays) 2:00-3:00**

### **Connecting with CVV Friends!**

Join Penny to talk about what's happening in our lives during this unique time.

**7/8, 22; 8/12 (Wednesdays) 4:00-5:00**

### **Deep Relaxation/Meditation**

This focused relaxation uses spoken word to help you feel relaxed and peaceful. Barbara J. will facilitate this virtual journey.

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<p><b><u>7/9, 16, 23, 30; 8/6 (Thursdays) 12:30-1:15</u></b> <b><u>Mental Fitness Fun with Mindy</u></b> This is a group activity that is designed to flex your thinking muscles using activities that are fun, varied, and designed to stimulate your brain.</p>	<p><b><u>7/9 (Thurs.) 2:00-3:00</u></b> <b><u>Birthday Bash!</u></b> Come one, come all to celebrate July birthdays together via ZOOM! We will reminisce about our favorite birthday memories.</p>
<p><b><u>7/11 (Sat.) 5:30-6:30</u></b> <b><u>Travel Trivia Happy Hour with Sandra</u></b> Sandra Cherry will quiz you about places and things you may/may not know about traveling the world. Bring paper and a pen/pencil to write down your answers.</p>	<p><b><u>7/14 (Tues.) 2:00-3:00</u></b> <b><u>Nancy's Community News</u></b> Join Nancy for an update on what is happening in the Conejo Valley. She will offer information about what the T.O. community is up to. Share happenings that you are aware of.</p>
<p><b><u>7/17 (Fri.) 3:00-4:00</u></b> <b><u>Journaling with CVV</u></b> Let your creative juices flow with a guided journaling exercise. Each month a different topic will be offered to journal about.</p>	<p><b><u>7/17 (Fri.) 6:30-7:30</u></b> <b><u>Film Noir and the movie, "Detour"</u></b> Nancy and Loretta will explain classic Film Noir and then all will watch the movie, "Detour", with analysis afterwards.</p>
<p><b><u>7/20 (Mon.) 5:30-6:30</u></b> <b><u>CVV Book Club</u></b> The book this month is, "Life of Pi" by Yann Martel. Please let Barbara Balke know if you are interested in joining.</p>	<p><b><u>7/24 (Fri.) 11:00-12:00</u></b> <b><u>Travel Reflections with Danny</u></b> Danny will share photos and reflections of a Rhine River cruise and a train trip through Switzerland.</p>
<p><b><u>7/25 (Sat.) 2:00-3:00</u></b> <b><u>Enriching Hour – Danny's Virtual Yard Tour</u></b> Join Danny as he takes us on a tour of his beautiful, functionally designed yard. We will see all the oramental, food producing and bee attracting plants and learn why they were planted.</p>	<p><b><u>7/26 (Sun.) 5:30-6:30</u></b> <b><u>Bunnie's Funny Happy Hour</u></b> Come ready to laugh, as Bunnie shares her jokes and tickles your fancy. Lighten up with levity! Don't forget to bring jokes to share.</p>
<p><b><u>7/29 (Wed.) 1:00-2:00</u></b> <b><u>Simple Recipe Exchange</u></b> Bring your favorite simple recipe to share. Deborah M. will share some of her and Carr's favorites. She will email all the recipes afterwards.</p>	